



FILL UP ON FIBER

Are You Getting a Regular Dose of Fiber?

A study conducted at the University of Texas at Austin revealed that consuming fiber can have major positive effects on your waistline.

In the study, researchers analyzed the food intake of 100 adults; 50 were within the normal weight range and 50 were considered obese. Although both groups' diets were similar in many ways, the normal-weight participants consumed 33 percent more dietary fiber and 43 percent more complex carbohydrates each day than the obese participants.

Eating 25 to 30 grams of fiber per day also promotes healthy bowel functions and may lower your risk for heart disease and cancer.

Here's how to incorporate fiber into your diet:

- Eat fiber-rich fruits as snacks or use them as ingredients in your favorite recipes. Pears have 4 grams of fiber, apples have 3, strawberries have 3 per cup and bananas have 2 grams of fiber. These fruits would be delicious in salads, on cereal, in yogurt or as toppings on desserts.
- Select cereals that contain at least 2 grams of fiber per serving.
- Eat short-grain brown rice that has 4 grams of fiber per cup.
- Breakfast eaters consume less fat and cholesterol than non-breakfast eaters.
- Incorporate lots of veggies into your diet by adding them to soup, on top of pizza, in a sandwich, in pasta or eat them raw with some low-fat dip.

It's easy to meet your daily fiber needs by simply eating 2 cups of fruit and 2½ cups of vegetables per day (recommended as part of a 2,000 calorie diet).